

## ABSTRACT OF THE DISCLOSURE

A link plate is proposed for forming at least one member of an energy guide chain, which has overlap regions with stops that limit the angular position of the

5       energy guide chain. Each of the overlap regions has a central region which is surrounded by at least two regions in which some stop faces are formed. It is proposed that a first region has stop faces where these stop faces, in the case of an energy guide chain composed from link plates, determine a curvature region in a transition region between a lower trunk and upper trunk of the energy guide chain.

10      The second region has stop faces which determine a prestressing in the energy guide chain. In addition to the two regions, the link plate may have a third region, which has at least one stop with at least one stop face, where the stop has a spring-elastic characteristic. Through the spring-elastic characteristic, damping of the movement during a pivoting process of the link plates is achieved.

15